BH FITNESS SK-9900

Recumbent Bike Owner's Manual

BH FITNESS

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This manual is compatible with software versions 2.0 and 2.1.

IMPORTANT SAFETY INFORMATION

Caution: Consult your doctor before beginning to use the exercise machine. This advice is especially important for those over 35 or suffering from health problems. Read all of the instructions before using any exercise equipment.

PRECAUTIONS

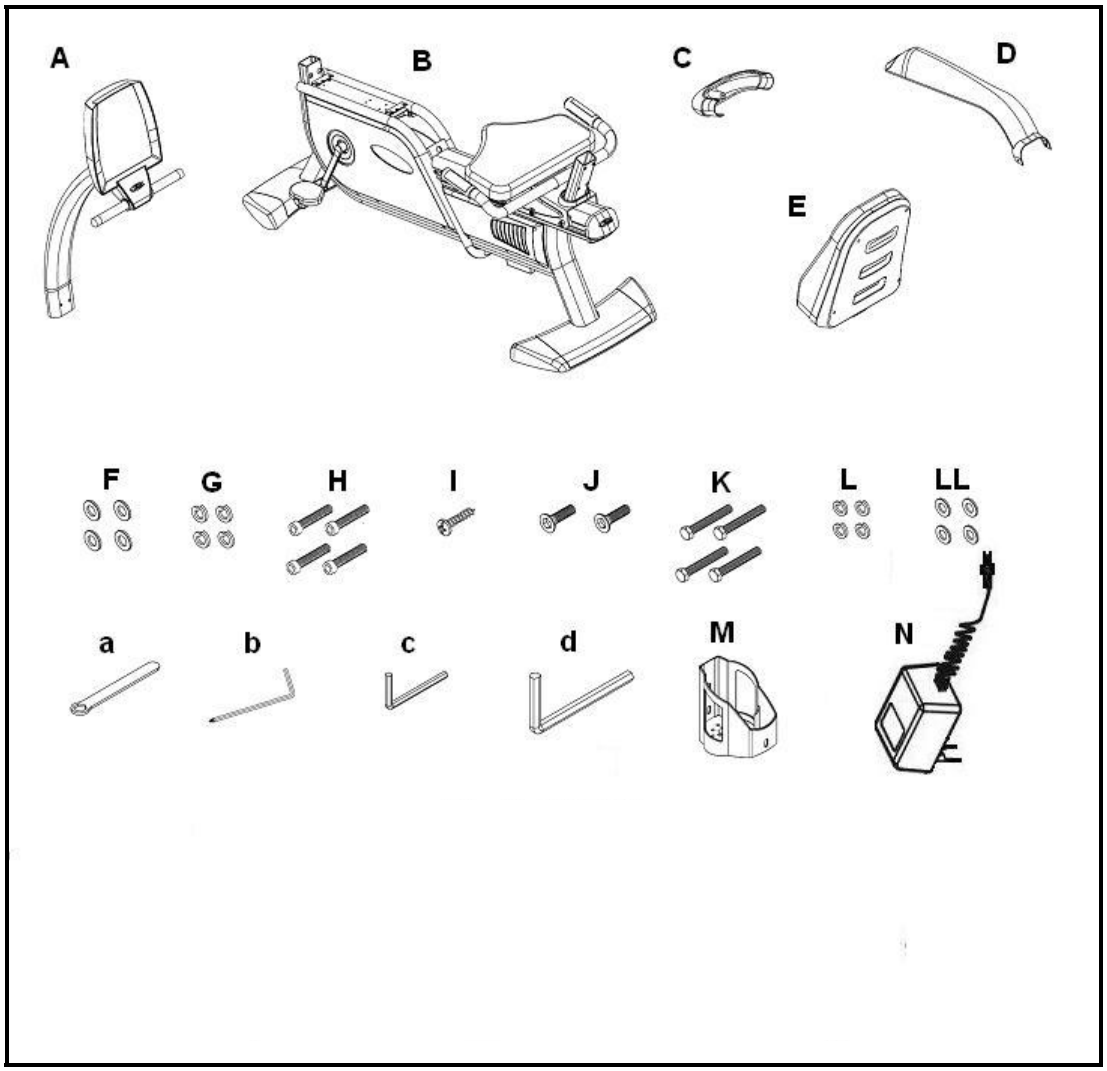
This exercise machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the exercise machine. The following safety precautions should also be observed:

1. Users should pass a full medical examination before they embark upon any type of exercise program.
2. If you experience dizziness, nausea, chest pains or any other symptom, STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY.
3. Do warm up stretching exercises before using the equipment.
4. For safety, maintain a minimum clearance around the equipment. Maintain 18 inches on the front and each side plus 24 inches at the rear of the equipment.
5. The weight of the user must not exceed 330 pounds (150 kg). The height must not exceed 6 ft., 10 in. (2.1 m).
6. To guarantee the safety of the user and that of the equipment, the user should read through the entire manually carefully before assembling and/or using the equipment.
7. Keep children away from this equipment at all times, it is not a toy. DO NOT leave them unsupervised in the room where it is kept. A child can become curious which can often lead to a hazardous situation and behavior resulting in an accident.
8. The equipment can only be used by one person at a time.
9. Use the equipment on a level, solid surface. DO NOT use the exercise machine outdoors or close to water.
10. Keep your hands well away from any of the moving parts.
11. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the exercise equipment. Always wear running shoes or trainers when using the exercise equipment. Make sure all shoe laces/cords are tied correctly.
12. This equipment must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
13. Do not place sharp objects near the exercise equipment.
14. Disabled people should not use the exercise equipment without the assistance of a qualified person or a doctor.
15. Do not use the exercise equipment if it is not working correctly.

SAVE THESE INSTRUCTIONS FOR FUTURE USE.

ASSEMBLY GUIDE

Figure 1



A) Main post.
B) Main body.
C) Front trim cover.
D) Top trim cover.
E) Backrest
F) Flat washer M-10 Quantity 4
G) Grower washer M-10 Quantity 4
H) Allen screw M-10x25 Quantity 4
I) Screw M-4x25 Quantity 1
J) Allen Screw M-5x15 Quantity 2
K) Screw M-8x15 Quantity 4
L) Grower washer M-8 Quantity 4
LL) Flat washer M-8 Quantity 4

a) Combination Spanner (wrench)
b) Star driver spanner (wrench)
c) Allen key 5 mm.
d) Allen key 8 mm.

M) Bottle holder
N) Adapter 15Volt, 1 Amp.

ASSEMBLY GUIDE

Figure 2

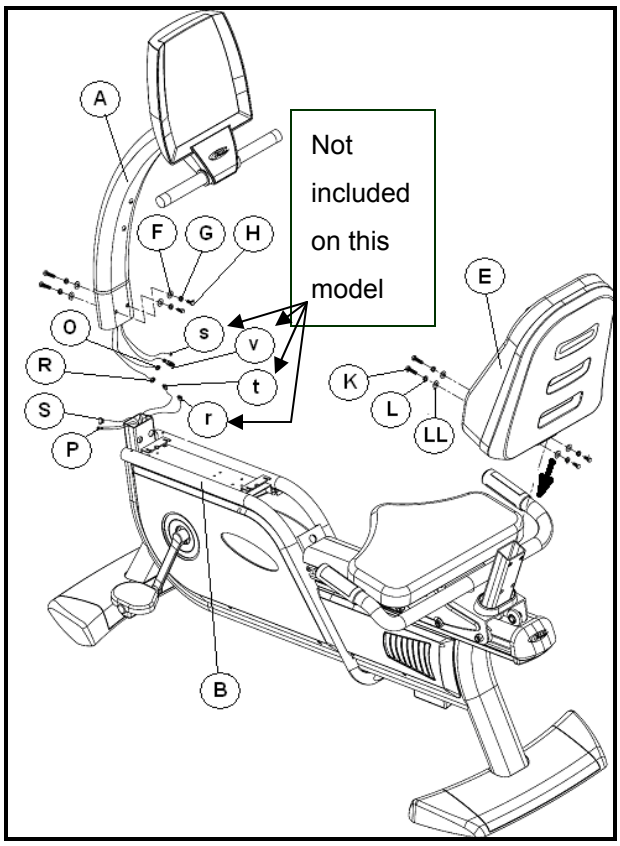
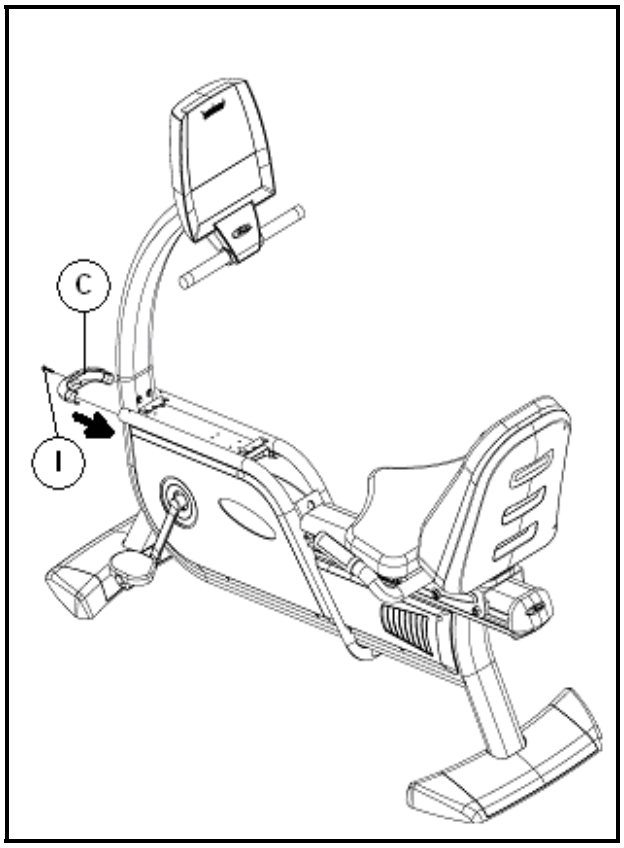


Figure 3



ASSEMBLY GUIDE

Figure 4

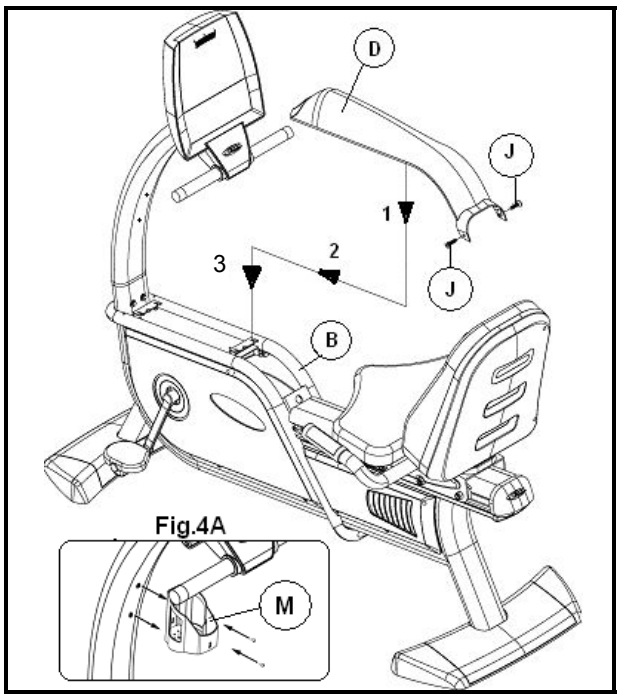
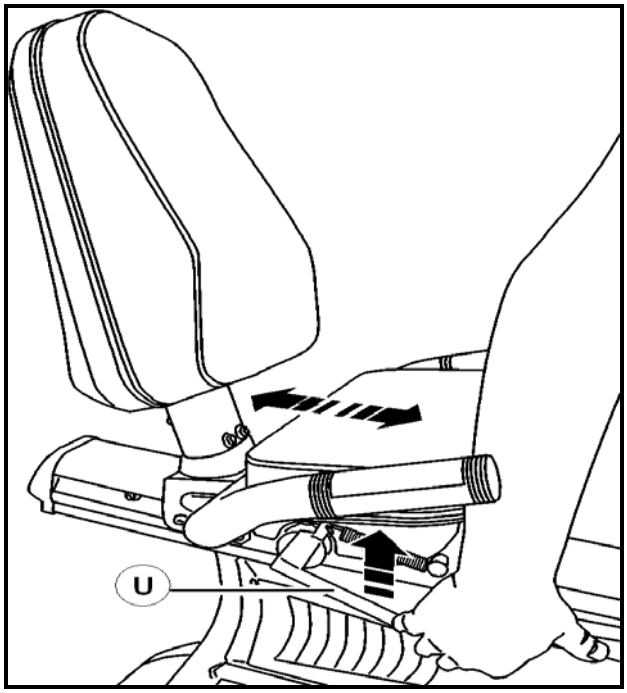


Figure 5



ASSEMBLY GUIDE

Figure 6

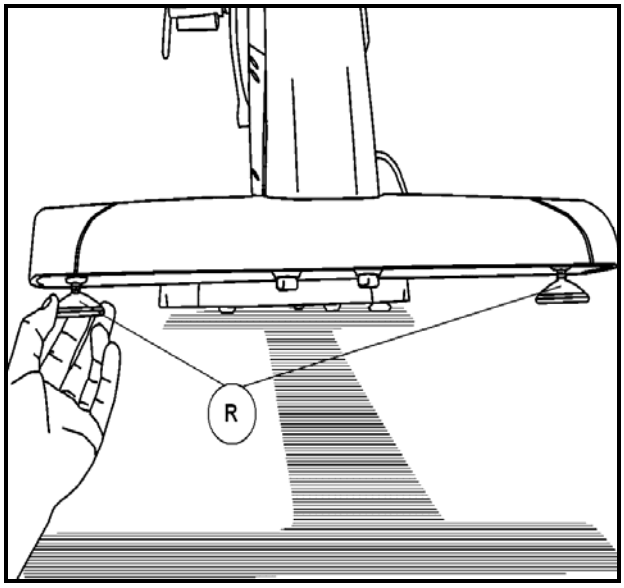


Figure 7

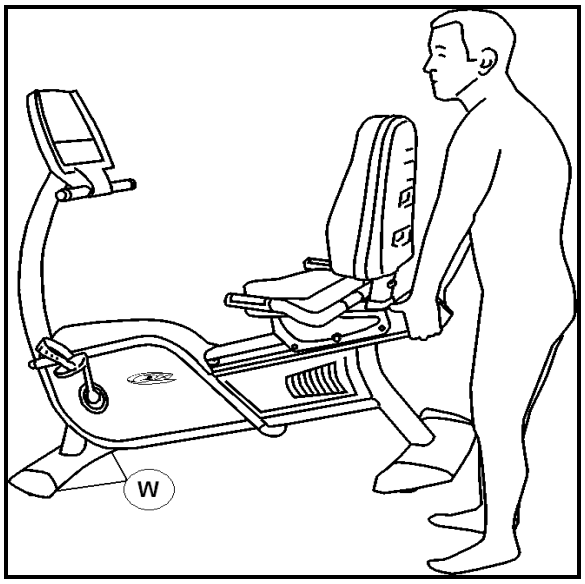


Figure 8

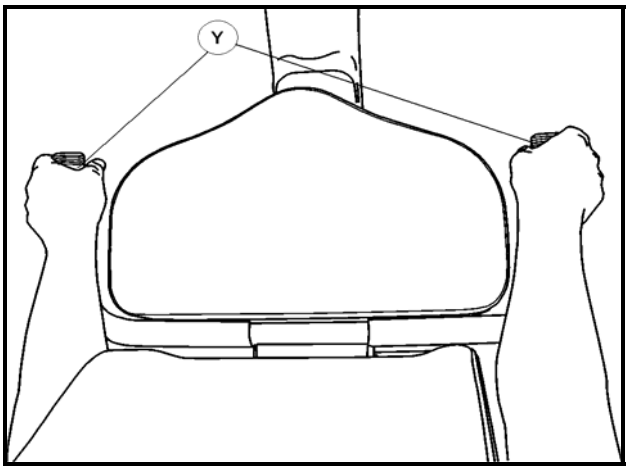
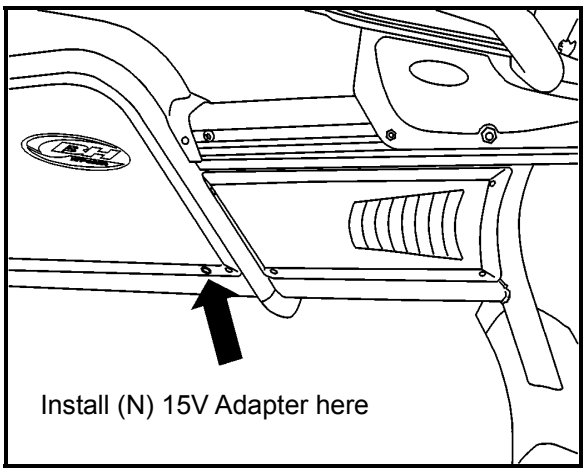


Figure 9



ASSEMBLY GUIDE

IMPORTANT:

The exercise machine is heavy. At least two people are required to ensure the safety of those that are unpacking, installing and moving the equipment.

NOTE: For safety, maintain a minimum clearance around the equipment. Maintain 18 inches on the front and each side plus 24 inches at the rear of the unit.

NOTE: Position on a level floor near a 110-120V electrical outlet.

1. **ASSEMBLY INSTRUCTIONS**

   Figure 1. Take the unit out of the box and place it on the floor as shown in Figure 1. Verify that the parts are undamaged and quantities are correct.

2. **ATTACH THE MAIN POST**

   Figure 2. Take the post (A) and bring it up to the boss on the main body (B).

   Connect the terminals (O), sticking out of the bottom of post (A), with terminal (P) coming up out of the top of the tube on the main body (B).

   Connect the terminals (R), sticking out of the bottom of post (A), with terminal (S) coming up out of the top of the tube on the main body (B).

   Slip the main post (A) over the boss on the main body (B), making sure not to damage any of the cables.

   Figure 2A. Loosely fasten using flat washers (F), Grower spring washers (G) and screws (H). Do not fully tightening.

   Check that the cables are connected correctly by spinning the pedals until the monitor starts to operate.

   Once the monitor operates, tighten the screws securely.

3. **INSTALL THE BACKREST**

   Figure 2. Insert the backrest (E) into the tube on the seat.

   Fasten using flat washers (LL), grower washers (L) and screws (K).

4. **FIT THE FRONT TRIM COVER**

   Figure 3. Fit the front trim cover (C) by sliding it onto the side tubes. Install and tighten screw (I) to secure the cover.

ASSEMBLY GUIDE

5. FIT THE TOP TRIM COVER AND BOTTLE HOLDER

Figure 4. Position the cover (D) so as to avoid hitting the Monitor. Move the cover (D) in the direction of arrows (1), (2) and (3). Position the cover (D) over the side tubes of the main body (B). Secure using screws (J).

Figure 4A. Remove the screws from the main post (B). Position the bottle holder (M) and secure it by using the screws previously removed.

6. ADJUST THE SEAT

Figure 5. The seat position can be slid forwards or backwards by pressing lever (U) upwards. Lever (U) is on the lower right side of the seat.

Release the lever to lock the seat into a position.

7. VIEW PULSE SENSOR

Figure 8. View the pulse sensors (Y) located on the handlebar. The users pulse rate is measured by placing both hands on pulse sensors (Y).

8. LEVELING

NOTE: For safety, maintain a minimum clearance around the equipment. Maintain 18 inches on the front and each side plus 24 inches at the rear of the unit.

Figure 6. Once the unit has been placed into its final position, make sure that it sits flat on the floor and that it is level. Screw the adjustable support blocks (R) up or down to level the unit.

9. MOVEMENT & STORAGE

Figure 7. The unit is equipped with wheels (W) making it easier to move about. The two wheels at the front of the unit make it easy to store the unit away.

10. CHARGE THE BATTERY

Figure 9. Connect the DC terminal end of the 15V, 1 amp adapter (N) to the connector. Connect the plug end of the AC/DC adapter (N) into a 110-120V outlet.

NOTE:

This unit is equipped with a generator (dynamo) that converts the mechanical rotation (produced by the exercising user) into current (electrical energy) to power the electronic monitor and brake controller.

ASSEMBLY GUIDE

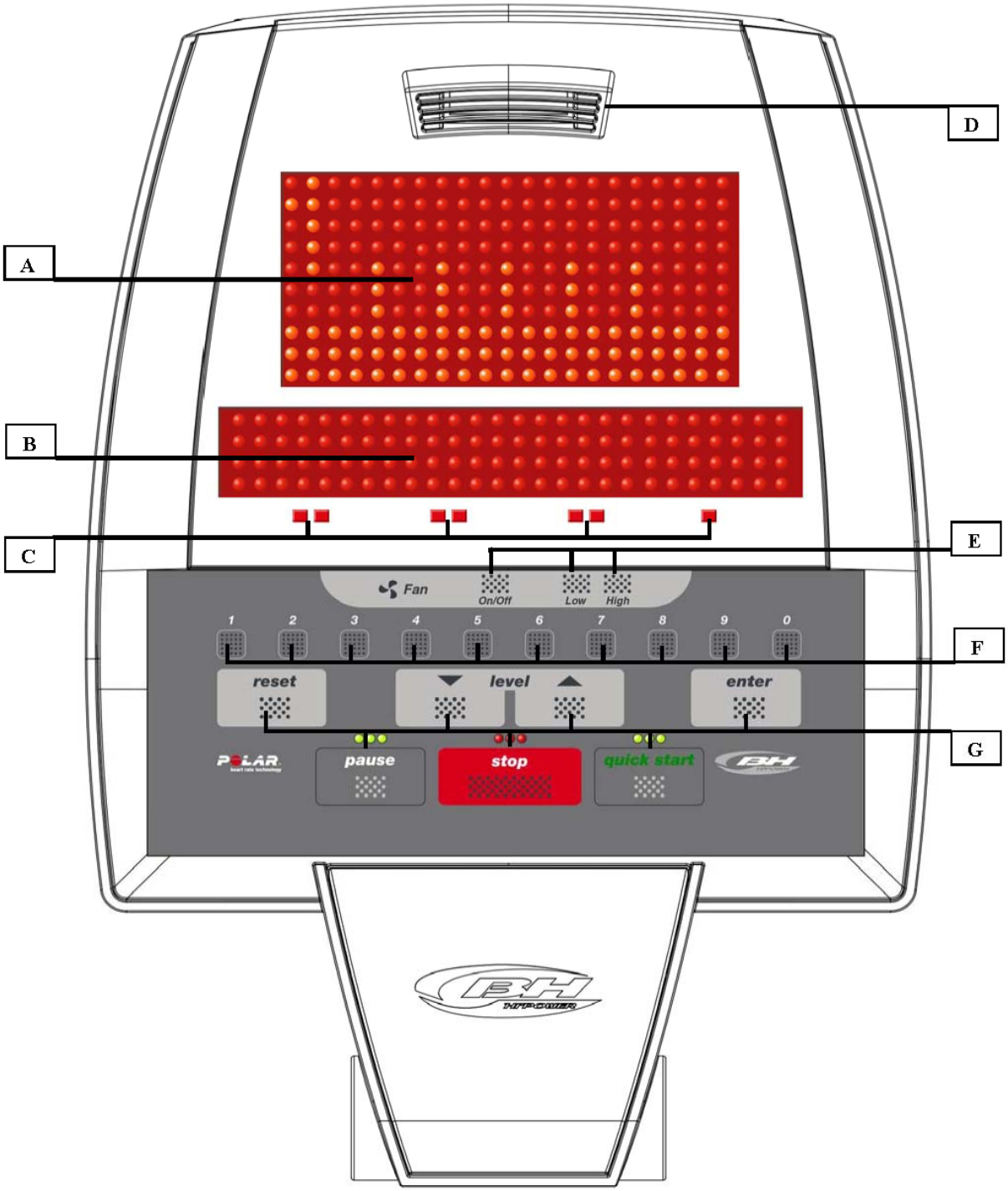
This unit also includes a set of batteries that store enough energy to keep the electronic monitor operating for 60 seconds after mechanical rotation from the exercising user has stopped.

If the battery runs down, it can be recharged by using the 15V Adapter (N) that is supplied with the unit.

BH RESERVES THE RIGHT TO MODIFY THE SPECIFICATIONS OF ITS PRODUCTS WITHOUT PRIOR NOTICE

CONSOLE OPERATION

Figure 10



CONSOLE OPERATION

Figure 11

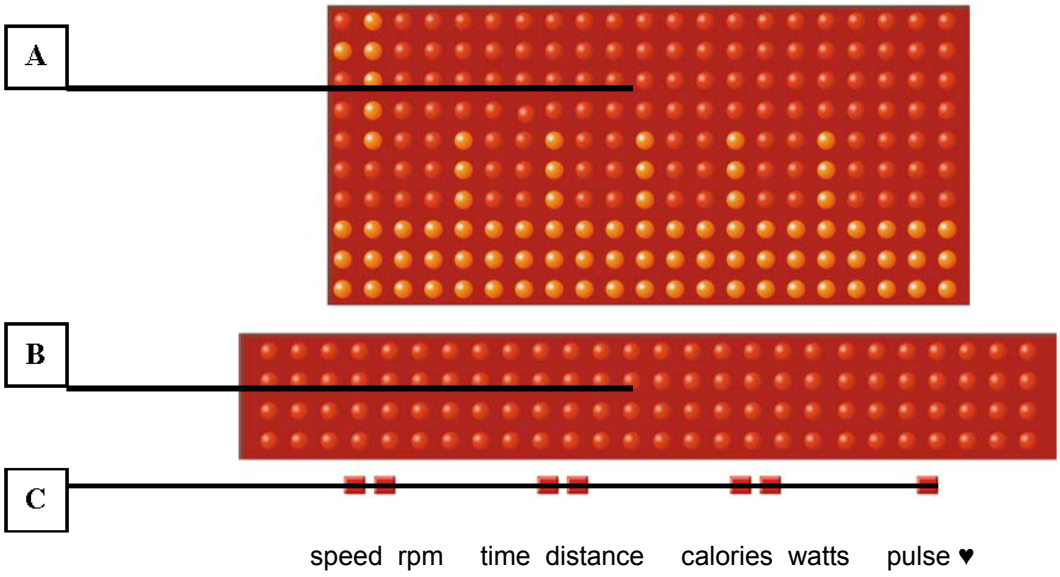
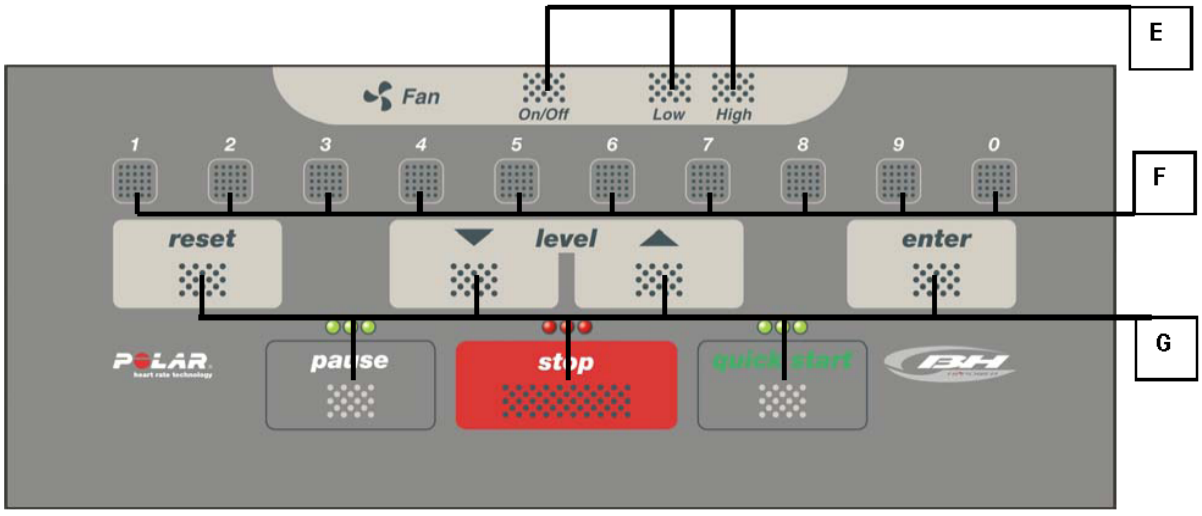


Figure 12



CONSOLE OPERATION

GENERAL INSTRUCTIONS

This exercise unit is equipped with a generator (dynamo). The generator uses of the energy produced by the user (while exercising) to power the electronic monitor and the brake controller.
This exercise unit also includes a set of batteries that store enough energy to keep the electronic monitor operating for 60 seconds after the exercise has finished.

Should the battery run down because of an operational fault, it can be recharged by using the 15V adapter that is supplied with the exercise unit.

To switch the monitor on, begin exercising.

ATTENTION: Plug one end of the 15V adapter into the unit per Figure 9 and the other end into an appropriate outlet.

The electronic monitor is designed to be easy and intuitive to use. The messages that appear on the bottom screen (B) will guide the user throughout the whole exercise.

Nevertheless, we recommend that the gym instructor reads through this section carefully to become fully familiar with the electronic monitor in order to show the user how to operate it correctly.

IMPORTANT: TO ENSURE THAT THE BATTERIES OPERATE CORRECTLY AND LAST LONGER, RECHARGE THEM USING THE 15V ADAPTER (N) SUPPLIED WITH THE UNIT.

CONSOLE OPERATION

ELEMENTS OF THE ELECTRONIC MONITOR (Figure 10)

The electronic monitor is made up of two distinct areas:
The top area, **Figure 11** (A – B – C) for the **DISPLAY**
The bottom area, **Figure 12** (E – F – G) for the **KEYPAD**

DISPLAY
This area is comprised of two screens.

(A) The top LED array displays real-time exertion levels being produced during the selected program.
(B) Bottom alphanumeric screen, which guides the user selection options and exercise.

The top screen (A) displays the various pre-programmed exercise profiles (programs) that can be selected and, during exercise, current exertion levels.

The bottom alphanumeric screen (B) is used to guide the user when selecting the exercise to do, as well as displaying information about the exercise both during and after the session. The LED indicators (C) located below the alphanumeric screen give a simultaneous readout of SPEED, RPM; TIME, DISTANCE; CALORIES, WATTS; PULSE and indicate which information is being displayed throughout the exercise.
The data that are displayed on the LEDs (C) during exercise are as follows:

SPEED: This shows an estimated value of the linear velocity at which a bicycle will travel based on the user's pedaling rate.

RPM: This shows the total number of pedals during the exercise. It indicates the number of full turns that the crank has made.

TIME: This shows the time that has elapsed since you started the exercise or, if a time limit has been established, the amount of time left before the exercise finishes. The time is displayed in minutes and seconds (mm:ss).

DISTANCE: This shows the distance that you have travelled since beginning the exercise. The distance is calculated by using the estimated linear speed.

CALORIES: This shows the estimated number of calories that have been burned off up until now. This calculation is based on the energy being produced and the weight and age values provided by the user.

CONSOLE OPERATION

WATTS: This shows the amount of energy currently being produced during the exercise. This calculation is based on the exertion level at which the user is working and the pedaling rate. The information is displayed in Watts.

PULSE: This shows the user's heart rate recorded through the handlebar pulse sensors or a telemetric chest belt such as the *POLAR T41 transmitter*.

KEYPAD

The function of each key is listed below. See Figure 12.
The electronic monitor includes an easy-to-use keypad. This keypad consists of Fan keys (E), numeric keys (F) and function keys (G).

Fan keys (E) – **Off / On; Low** (minimum speed); **High** (maximum speed).

Numeric keys (F) - (1- 0) are used to enter the data requested by the monitor.

Function keys (G) - **reset; level▲; level▼; enter ; pause ; stop ; quick / start** - are used to select a particular exercise, enter requested data, control exercise exertion levels and to finish the exercise.

RESET - Reset key. This is used to erase the data that have been entered into the monitor when selecting a program.

LEVEL ▼ - Key for decreasing exertion level. When pressed during exercise, this key will decrease the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move on to the next profile screen.

LEVEL ▲ -Key for increasing exertion levels. When pressed during exercise, this key will increase the exertion level by one machine setting. During the selection of pre-programmed profiles, it is used to move back to the previous profile screen.

ENTER - Selection and validation key. This is used during pre-programmed profile selection to select a profile, confirm data that have been entered and to start the exercise. It is also used during user profile programming to confirm the exertion level settings for each minute.

PAUSE - Pause key. If this is pressed during a session, the exercise is interrupted and the exercise timekeeper (clock) is halted. To restart the exercise timekeeper (clock) press the pause key again or continue exercising. Pause will only last for 45 seconds, then the exercise will stop and the monitor will exit the exercise.
If, the STOP key is pressed, in pause mode, then the exercise will finish.

CONSOLE OPERATION

STOP - Stop key. If this is pressed during the session, the exercise will be taken as finished and exertion settings will drop to minimum level. A summary of all the exercise data will be displayed and it will then return to the start screen.

Hold the STOP key down for 3 seconds in Start/Ready mode, and the monitor screen will change to black with a beep. The ON personalized power option may be changed to OFF.

QUICK / START - Quick start key. When this key is pressed, provided that the LED on the key is flashing, exercise will begin in manual mode.

CONSOLE OPERATION

OPERATING INSTRUCTIONS

STARTING THE UNIT

To turn on the monitor, plug the unit in or pedal the unit.

- Plug the 15V adapter (N) that is supplied with the unit into a wall outlet, and select the ON option in the personalized settings (step 4 POWER).
- Or pedal (spin) the crank at 45 rpm. As soon as it reaches 45 rpm the monitor will come on and remain on for 60 seconds so that it can be programmed.

Once the monitor is on it will display the profile and the letter “M” for manual on the LED array (A) Figure 11, and the “WELCOME TO HI – POWER” message on the bottom alphanumeric screen (B).

You can start the program in manual mode by pressing the QUICK / START key and by pressing the level ▲▼ keys you can increase or decrease the exertion levels.

STARTING THE FAN

The monitor on this machine is fitted with an air vent (D), Figure 10, through which a FAN provides two air speeds, LOW and HIGH. To switch the fan on while exercising press the ON / OFF key on the keypad, Figure 12, and the fan will start. Whenever the monitor is switched to PAUSE the fan will switch off.

SLEEP MODE

If the 15V adapter (N) is connected to the unit then the console will not switch over to sleep mode when the POWER option under personalization mode is switched ON.

If the 15V adapter (N) is not connected, the console will switch over to sleep mode even when the POWER option is switched ON.

This mode is activated if an RPM signal is not received within 45 seconds when in stand-by mode. Windows are not displayed while in this mode. You have to step on the footplate to produce a signal and reopen the display window.

CONSOLE OPERATION

PERSONALIZING THE ELECTRONIC MONITOR

Follow the steps below to access the monitor's personalization mode:

Press and hold the RESET key and the 0 key at the same time until "FACTORY SETTINGS" appears on the alphanumeric screen (B), Figure 10.

In general use these rules when personalizing the monitor:

- The word that is flashing can be revised.
- Pressing the ENTER key moves the flashing to a different word.
- Pressing the LEVEL key displays the choices.

NOTE: If you wish to exit the personalization mode, press the STOP key and the manual program will be displayed on the LED array (A).

1. **CHANGING UNITS (Mile or km)**
   Once the words "FACTORY SETTINGS" appear on the alphanumeric screen (B), Figure 10, press the ENTER key and the word "UNITS" will flash. Press the ENTER key and the word ENGLISH or METRIC starts flashing. Select the unit of distance by using the LEVEL ▲▼ keys, (ENGLISH / Miles - METRIC / Km.). Press the ENTER key and the word "UNITS" will start flashing again.
   Press the LEVEL ▲ key to edit the "WHEELSIZE" Distance per Revolution.
   If you wish to exit the personalization mode, press the STOP key and the manual program will be displayed on the LED array (A).
2. **CHANGING WHEELSIZE (DISTANCE PER REVOLUTION)**
   "WHEELSIZE" will be flashing. Press the ENTER key and a figure between 0 and 80 will start flashing. **Select** the value **80** using the LEVEL ▲▼ keys. Press the ENTER key and the word "WHEELSIZE" will start flashing again.

   Press the LEVEL ▲ key to edit the "LANGUAGE".

   If you wish to exit the personalization mode press the STOP key.

CONSOLE OPERATION

3. CHANGING LANGUAGE

"LANGUAGE" will be flashing. Press the ENTER key and the current language will start flashing. Select your language using the LEVEL ▲▼ keys and then press ENTER. The word "LANGUAGE" will start flashing again.

Press the LEVEL ▲ key to edit the "POWER" setting.

If you wish to exit the personalization mode press the STOP key.

4. SELF OR ELECTRICALLY POWERED

- The ON option is used to keep the monitor on at all times. Power ON mode only works while the 15V Adapter (N) is connected.
- If the monitor is in POWER ON mode and the STOP key is pressed then the monitor changes to a dark screen within three (3) seconds or the unit exits the test. The ON personalized power option may be changed to OFF.
- With the OFF option, the machine is self powered, which means that the monitor will come on as soon as you start exercising.
- With the OFF option selected the monitor will switch itself off 45 seconds after you have finished exercising.

"POWER" will be flashing. Press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL ▲▼ keys.
When you have selected an option, press the ENTER key to confirm and the word "POWER" will start flashing again.
Once you have selected this option, press the ENTER key and the word "POWER" will start flashing.

Use the LEVEL ▲ key to edit the "SWR" time.
If you wish to exit the personalization mode press the STOP key.

CONSOLE OPERATION

5. STEADY WATT RATE TIME

“SWR time" will be flashing. Press the ENTER key and a value between 20 and 60 seconds will start flashing. Select the flashing value using the LEVEL ▲▼ keys and then press ENTER to confirm. The word “SWR time” will start flashing again.

Press the LEVEL ▲ key to edit the “SPR time".

If you wish to exit the personalization mode press the STOP key.

6. STEADY PULSE RATE TIME

- The value (in seconds) entered into the “SPR TIME” tells the software how often to check the users heart beats per minute (BPM) during the P12 Heart Rate Program. The software will increase or decrease the resistance to control the heart BPM.

“SPR time" will be flashing. Press the ENTER key and a value between 20 and 60 seconds will start flashing. Select the flashing value using the LEVEL ▲▼ keys and then press ENTER to confirm. The word “SPR time” will start flashing again.

Press the LEVEL ▲ key to edit the Max “Manual" Exercise Time.

If you wish to exit the personalization mode press the STOP key.

7. MAX. EXERCISE TIME

“MANUAL T" will be flashing. Press the ENTER key and a figure 0 or between 10 and 60 minutes will start flashing. If 0 is selected the exercise time is unlimited. Select the flashing value using the LEVEL ▲▼ keys and then press ENTER to confirm. The word “MANUAL T” will start flashing again.

Use the LEVEL ▲ key to edit the Welcome Message.

If you wish to exit the personalization mode press the STOP key.

CONSOLE OPERATION

8. CHANGING THE WELCOME MESSAGE

- For software version 2.0 the welcome message cannot be changed.
  Use the LEVEL ▲ key to edit the “Sounds” setting.

  If you wish to exit the personalization mode press the STOP key.

- For software version 2.1 or higher: “TEXT” will be flashing. Press the ENTER key and the word ON or OFF will start flashing. Select the option that is flashing by using the LEVEL ▲▼ keys. Choosing the ON option allows you to change the monitor’s welcome message.
  Once the ON option has been selected, press the ENTER key and a flashing cursor will appear on the alphanumeric screen (B). Use the LEVEL ▲▼ keys to enter a welcome message letter by letter.
  Once you have finished entering the message, press the ENTER key for a few seconds and the word “TEXT” will start flashing.

  Use the LEVEL ▲ key to edit the Sounds setting.

  If you wish to exit the personalization mode press the STOP key.

9. CHANGING THE SOUND

- It is suggested to leave “SOUNDS” in the ON position. The beep sounds can notify the user as some things change.

“SOUNDS" will be flashing. Press the ENTER key and the word ON or OFF will start flashing. Select the ON flashing value using the LEVEL ▲▼ keys and then press ENTER to confirm. The word “SOUNDS” will start flashing again.
Press the STOP key to exit the personalization mode and the manual program will be displayed on the LED array (A).

CONSOLE OPERATION

PERSONALIZED SETTINGS PANEL

SETTING	DESCRIPTION
Unit	Change speed unit from km/h to mph.
Wheelsize	Select 80 on this model.
Language	Define the language in which messages are displayed on the monitor. Options: Spanish, Portuguese, English, French, German, Dutch, Italian.
Power	Defines the method of operating the machine, between self-powered or connected to the wall outlet. If the ON mode is selected, the machine has to be plugged into the wall outlet. To switch off the monitor in ON mode, hold the STOP key down for 4 seconds. Options: OFF (Battery operated) ON (AC wall outlet operated) **IMPORTANT: With the ON option the machine has to be plugged into the wall outlet, otherwise the batteries will run down and may be rendered useless.**
SWR time	Establishes the frequency at which the program calculates the WATTS created by the user and compares it to the target WATT value. The exertion level will be increased or decreased automatically. Options: Value in seconds (minimum 20, maximum 60)
SPR time	Establishes the calculation rate for the constant heart rate program. Options: Value in seconds (minimum 20, maximum 60)
Manual T	Establishes a maximum time limit for the Manual Run exercise. Options: 0 (No maximum time limit established) Exercise time limit values in minutes (maximum 60)
Text	Text cannot be changed on Software version 2.0. Software version 2.1 Options: OFF (The welcome message is displayed by default) ON (Allows the welcome message to be edited) to personalize the welcome message.
Sounds	Enables or disables sounds (beeps) emitted by the monitor. Options: ON (Enabled) OFF (Disabled)

CONSOLE OPERATION

PROGRAM MODE

The monitor has: 1 MANUAL profile program; 8 pre-programmed PROGRAM profiles; a user programmable profile (USER) as well as a male TEST, female TEST, steady pulse rate (HRC) and distance programs.

The pre-programmed program graphs are shown on page 33.

P0 MANUAL MODE

Once the monitor is on it will display the profile and the letter “M” for manual on the LED array (A) Figure 11, and the “WELCOME TO HI – POWER” message on the bottom alphanumeric screen (B) Figure 11.

You can start the program in manual mode by pressing the QUICK / START key.

The flashing top LED array (A), Figure 11, will indicate the exertion level being produced during exercise. By pressing the level ▲▼ keys you can increase or decrease the exertion levels between twenty different settings.

Every 10 seconds the alphanumeric screen (B), Figure 11, will switch between displayed readings for values relating to: MILES PER HOUR (MLH); TIME; CALORIES; PULSE RATE and in the second sequence: RPM; DISTANCE; WATT and PULSE RATE.

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME HHMMSS; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the “M” will appear on the top LED array.

CONSOLE OPERATION

P1 - P8 GRAPHIC PROGRAMS

The pre-programmed program graphs are shown on page 33.

With the monitor switched on, the top LED array (A), Figure 11, will display the profile and the letter “M” for manual. The LEVEL ▲▼ keys are used to display and select one of these eight graphic profiles. Once a specific profile has been selected press the ENTER key.
The top LED array (A) will ask for an age value (between 10 and 99), select your age by using the number keys (F), Figure 12, and press ENTER. It will now ask for your weight (between 70 and 440 lbs or between 30 and 199 kg), select your weight by using the number keys (F), Figure 12, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), Figure 12, press ENTER and this will begin your exercise session.
There are four different difficulty levels (L1 – L4) within each pre-programmed profile, to select any of these just press the LEVEL ▲▼ keys during the exercise.

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME HHMMSS; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the “M” will appear on the top LED array.

CONSOLE OPERATION

P9 USER PROGRAM (The pre-programmed program graphs are shown on page 33)
With the monitor switched on, the top LED array (A), Figure 11, will display the profile and the letter “M” for manual. Use the LEVEL ▲▼ keys to display the various pre-programmed profiles. Once program 9 (USER) has been selected, press the ENTER key.
The top LED array (A), Figure 11, will ask for an age value (between 10 and 99). Select your age by using the number keys (F), Figure 12, (If the value entered exceeds these limits it will display the closest acceptable value). Press ENTER.
It will now ask for your weight (between 70 and 440 pounds or between 30 and 199 kg), select your weight by using the number keys (F), Figure 12, press ENTER. It will now ask for an exercise time limit (between 10 and 60 minutes), select the time by using the number keys (F), and press ENTER. Now press the RESET key and you can begin to design a personalized exercise profile on the LED array (A).
The profile to be designed is subdivided into 21 steps. The first three steps are for warm-up purposes and only reach a limited value of four in order to prevent possible injuries. The rest of the 21 steps reach maximum.

There are 21 vertical columns of red lights on the top LED display, Figure 11 display area (A). Each vertical column represents one step. To select the difficulty level of each step:

- Press the LEVEL ▲▼ keys to increase/decrease the difficulty level (number of vertical lights) in one step (column). Press the ENTER key.
- Do again until you have completed the graph for your own personal program.
- To undo an entered step, press the RESET key and do the above steps again.

Next press the ENTER key and begin exercising with your custom designed program. As each step is completed a beep will sound and the light on the lowest red LED dot will move to the right. Time will display as test minutes remaining.

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the “M” will appear on the top LED array.

CONSOLE OPERATION

P10 MALE – P11 FEMALE TEST PROGRAMS

The pre-programmed program graphs are shown on page 33.

- For safety reasons it is better to exercise at below 85% of the maximum heart rate.
- To prevent injuries, do a brief warm-up session before doing this test.
- Both hands must be on the pulse sensors, located on the handlebars, during this test.
- Before beginning the test, calculate your maximum heart rate. The maximum number of heartbeats that a person must not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. To ensure that you are exercising correctly, try to keep between 65% and 85% of your maximum heart rate value.
- The aim of this test is to assess the user's level of fitness by maintaining a pedaling speed of between 70 to 80 revolutions per minute (rpm) for 5 minutes. The difference between the Male and Female programs is in the Watts. The value for the Male test is set at 150 W whereas the Female test is set at 100 W.

With the monitor switched on, the top LED array (A), Figure 11, will display the profile and the letter "M" for manual. The LEVEL ▲▼ keys are used to display the various pre-programmed profiles. Once the Male TEST or Female TEST has been selected, press the ENTER key.

Next, the bottom alphanumeric screen (B), (Figure 11), will ask for an age value (between 10 and 99). Select your age by using the number keys (F), Figure 12, press ENTER.

Place your hands on the pulse sensors (handgrip) located on the handlebar or wear a telemetric chest band such as the *POLAR T41 transmitter*. Begin the TEST at a pedaling rate of between 70 to 80 RPM, pedaling for 5 minutes. As long as you stay within the 70 to 80 RPM limit the monitor will display "OK" however if you go above or drop below this RPM then the monitor will display the "RPM ↑" or "RPM ↓" prompt.

At the end of the 5 minute test you will be awarded a score between 1 (very poor) and 5 (excellent). A 0 score may also appear, which means that the test was not done correctly (the 75 rpm pedaling rate was not maintained or the heart rate measurement sensor was not used correctly).

CONSOLE OPERATION

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME HHMMSS; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the “M” will appear on the top LED array.

CONSOLE OPERATION

P-12 CONSTANT HEART RATE PROGRAM

The pre-programmed program graphs are shown on page 33.

- For safety reasons the user must exercise at below 85% of the maximum heart rate.
- To prevent injuries, do a brief warm-up session before doing this test.
- The pulse rate must be measured by a telemetric chest band such as the *Polar T41 transmitter*. If the heart rate is not measured, then the heart symbol and a question mark "♥ ?" appear on the screen. If the unit continues not to receive any heart rate information, then the program will be cancelled and another program will have to be selected.
- Before beginning the test, calculate your maximum heart rate. The maximum number of heartbeats that a person must not exceed is referred to as the maximum heart rate and this value drops with age. A simple formula to calculate this is to subtract your age, in years, from the number 220. To ensure that you are exercising correctly, try to keep between 65% and 85% of your maximum heart rate value.

  For example, the maximum heart rate that a 30 year old user must not exceed is:
  220 – 30 = 190 heart beats per minute (BPM).

  190 x 0.65 = 123 heart beats per minute.

  190 x 0.85 = 161 heart beats per minute.

  So the heart rate exercise range for a 30 year old is between 123 and 161 BPM.
- This program allows the user to enter a value for the heart rate (between 65% and 85% of the maximum heart rate) and the machine will automatically adjust exertion levels to ensure that the user maintains the selected heart rate value.
- The value (in seconds) entered into the (Personalizing the Electronic Monitor) "SPR TIME" tells the software how often to calculate the users heart beats per minute (BPM) during this test. The software will increase or decrease the resistance to control the heart BPM.

With the monitor switched on, the top LED array (A), Figure 11, will display the profile and the letter "M" for manual. Use the LEVEL ▲▼ keys to select the ♥ (P12 HEART) program. Press the ENTER key.

CONSOLE OPERATION

The LED window will display “INTRODUCE PULSE RATE SETTING <40-220>”. Press the number keys to enter a value between 65% and 85% of the maximum heart rate (see formula above). The LED window will show “PULSE RATE = xxx” and the entered value will flash. If the entered number is not within these limits it will display a larger or smaller number. Press ENTER to confirm.

The LED window will show “INTRODUCE EXERCISE TIME”. The dot matrix display will prompt “? 10”. Press the number keys to modify and enter a number (between 10 and 60). If the number is beyond these limits it will display the default time setting. Press ENTER to confirm. You can now start the program.

After specifying the last setting, all of the values are stored together. The exertion level is 1 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display will show "RPM ↑" and switch to PAUSE mode after 15 seconds.

Begin the exercise at a pedaling rate of between 70 to 80 RPM.

Should you go above or drop below this RPM then the top LED array (A), Figure 11, will display the "RPM ↑" or "RPM ↓" prompt.
This program uses a preset exertion level during the first three minutes in order to prevent any type of injury.
After the third minute, the computer will automatically adjust the exertion setting to keep the pulse rate at the previously programmed value.

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME HHMMSS; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the “M” will appear on the top LED array.

AUTOMATIC EXERTION SETTING

At the beginning of the exercise the machine sets the exertion level to minimum, i.e. 50W, until the first pulse reading is taken.

CONSOLE OPERATION

Once the pulse rate is established the program calculates the user's heart rate every X seconds (this period is set between 20 to 60 seconds within the SPR program).

The exertion setting based on pulse rate is explained in the following steps.

1. TARGET HEART RATE greater than ACTUAL HEART RATE:
   When the difference between the TARGET HEART RATE and the ACTUAL HEART RATE is equal to or greater than 15 rpm, the AUTOMATIC EXERTION CONTROL will start increasing in steps of 20 Watts.
   When the difference is less than 15 rpm the setting will change in steps of 10 Watts until both heart rates match.
2. ACTUAL HEART RATE greater than TARGET HEART RATE:
   When the difference between the ACTUAL HEART RATE and the TARGET HEART RATE is equal to or greater than 15 rpm, the AUTOMATIC EXERTION CONTROL will start decreasing in steps of 20 Watts.

When the difference is less than 15 rpm the setting will change in steps of 10 Watts until both heart rates match.
When the difference between the ACTUAL HEART RATE and the TARGET HEART RATE is equal to or greater than 30 rpm, the bottom alphanumeric screen (B) will display the message "DECREASE EXERTION OF EXERCISE. YOUR PULSE RATE IS TOO HIGH" and the machine's automatic control will drop the exertion level to minimum (50 W).

If no heart rate is detected during the exercise, the "♥ ?" (Heart symbol and a question mark) will appear flashing. If this situation continues for more than 60 seconds the machine will go back to manual mode.

CONSOLE OPERATION

P-13 STEADY WATT RATE (The pre-programmed program graphs are shown on page 33)

- This program allows the user to select the power level (watts) at which to exercise. The user must output power to oppose the resistance of the exercise unit and to develop speed. The unit automatically regulates the exertion level to ensure that the user always develops the same power output, independently of the pedaling rate.
- This program uses a preset exertion level during the first forty seconds in order to prevent any type of injury. After the fortieth second the unit controls the exertion settings based upon the users pedaling rate.
- During the exercise, the programmed WATT rate can be varied at any time by using the LEVEL ↑ and LEVEL ↓ keys. This does not affect the time settings. The programmed watt rate will be shown flashing on the display.

With the monitor switched on, the top LED array (A), Figure 11, will display the profile and the letter "M" for manual. Use the LEVEL ▲▼ keys to display the various pre-programmed profiles. Once the WATT program has been selected, press the ENTER key.
The message "INTRODUCE WATT SETTINGS <25 – 400> will appear on the bottom alphanumeric screen B. Use the number keys Figure 12, (F) to enter the WATTS value to exercise at. Press ENTER. To enter the exercise time the LED window will state "INTRODUCE EXERCISE TIME". The dot matrix display will prompt "? 10". Press the number keys to enter a two digit number between 10 and 60. If the number is beyond these limits it will display the default time setting. Enter a value and press ENTER.

Press ENTER to store all the values.

The exertion level is 1 and moves to the next line every minute. If the speed (RPM) is too slow, the dot matrix display shows RPM ↑ and switches to PAUSE mode after 15 seconds.

The program will calculate the WATT value output of the user based upon the time (between 20 and 60 seconds) entered into the personalization mode SWR time program.

The monitor will calculate the average exercise values after the exercise program is finished or interrupted by pressing the STOP key. These values will be displayed twice every five seconds on the bottom alphanumeric screen (B), Figure 11. The average values for EXERCISE TIME; DISTANCE COVERED ML; AVERAGE SPEED MLH; CALORIES BURNT KCAL will be displayed.

If the keys are not touched and exercise does not occur while the average values are being displayed, then the "M" will appear on the top LED array.

CONSOLE OPERATION

SYMBOLS AND THEIR MEANINGS

A series of symbols or words may appear on the screen, meaning the following:

Heart symbol and a question mark (♥ ?): The console did not receive the heart rate. Hold onto the handlebars or wear a telemetric chest band such as *POLAR T41 Transmitter*. The chest band must be worn during test P12, Constant Heart Rate Program.

"0" This symbol appears in the male and female tests, it means that you have not done the test correctly. You have failed to maintain a speed of 70-80 rpm or your pulse was not recorded. Hold onto the pulse sensors located on the handlebars or wear a telemetric chest band such as *POLAR T41 Transmitter*.

Spanner (wrench) symbol: Mechanical fault. Switch the machine off for 2 minutes and then switch it back on again. The machine has an automatic fault correction system, but if the problem persists, then contacts the technical service center.

CONSOLE OPERATION

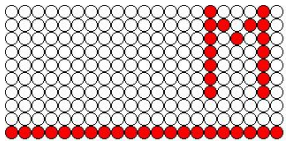
TABLE OF DISPLAYED PHRASES

1.	“WELCOME TO HI POWER”
2.	“PRESS THE ARROWS TO SELECT PROFILE”
3.	“ PRESS QUICK/START TO BEGIN”
4.	“ PRESS ENTER TO BEGIN PROFILE”
5.	“ ERROR”
6.	“ CONSULT TECHNICAL SERVICE”
7.	“ INTRODUCE YOUR AGE <10-99>”
8.	“ INTRODUCE YOUR WEIGHT <30-199> KG”
	“ INTRODUCE YOUR WEIGHT <70-440> LB”
9.	“ INTRODUCE EXERCISE TIME <10-60> MINUTES”
10.	“ INTRODUCE WATT SETTING <25-400>”
	“ WATTS=”
11.	“ AGE=”
12.	“ INTRODUCE PULSE RATE SETTING <40-220>”
13.	“ PULSE RATE=”
14.	“ PRESS PAUSE TO CONTINUE THE EXERCISE. PRESS STOP TO FINISH”
15.	“ EXERCISE TIME=”
16.	“ DISTANCE COVERED=”
17.	“ AVERAGE SPEED=”
18.	“ CALORIES BURNT=”
19.	“ PRESS ENTER TO ACCEPT THE STORED PROFILE. PRESS RESET TO MODIFY THE PROFILE.”
20.	“ USE THE ARROWS TO SELECT THE EXERTION LEVELS FOR THE ACTIVE COLUMN. PRESS ENTER TO MOVE TO THE NEXT COLUMN. PRESS RESET TO RETURN TO MANUAL MODE”
21.	“ DECREASE EXERTION OF EXERCISE. YOUR PULSE RATE IS TOO HIGH”
22.	“ THE RESULT OF THE TEST IS=”

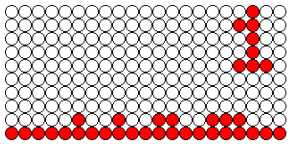
BH RESERVES THE RIGHT TO MODIFY THE SPECIFICATIONS OF ITS PRODUCTS WITHOUT PRIOR NOTICE

PROGRAM PROFILES

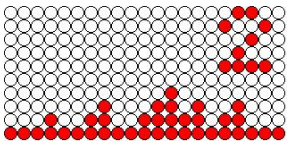
P-0



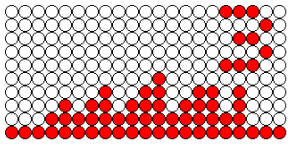
P-1



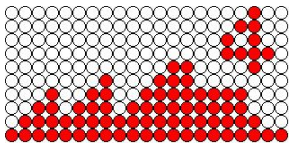
P-2



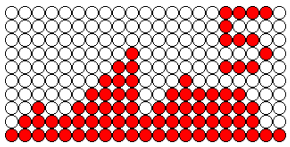
P-3



P-4



P-5



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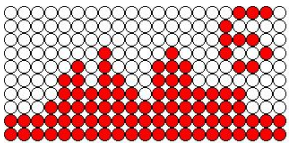
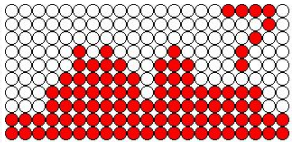
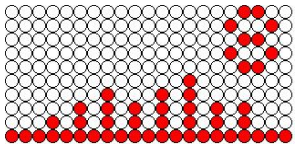


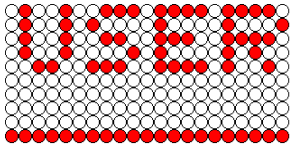
P-7



P-8



P-9



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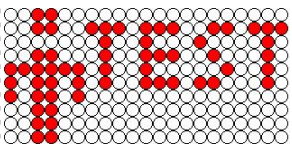
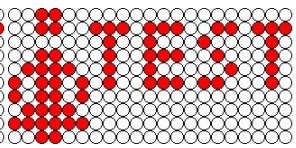
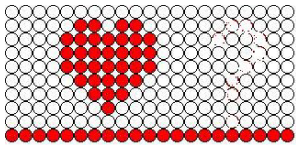


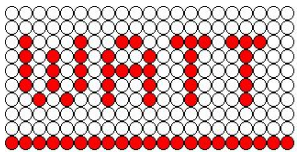
P-11



P-12



P-13



WARRANTY

USA Warranty

Warranties may vary in other countries. See your local BH Fitness Dealer.

BH FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, or commercial facilities. Any other use of the device shall void this warranty.

FRAME – Lifetime (Home Warranty), 7 Years – (Light/Full Commercial Warranty)
BH Fitness warrants the Frame against defects in workmanship and materials for Lifetime from the date of original purchase, so long as it remains in the possession of the original owner for home use.
BH Fitness warrants the Frame against defects in workmanship and materials for seven years from the date of original purchase, so long as it remains in the possession of the original owner for light/full commercial use.

PARTS – 10 Years (Home Warranty), 3 Years – (Light/Full Commercial Warranty)
BH Fitness warrants all original parts against defects in workmanship and materials for a period of ten years from the date of original purchase, so long as the device remains in the possession of the original owner for home use.
BH Fitness warrants all original parts against defects in workmanship and materials for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner for light/full commercial use.

LABOR – 2 Years – (Home Warranty), 1 Year – (Light/Full Commercial Warranty)
BH Fitness shall cover the labor cost for the repair of the device for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner for home use.
BH Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner for light/full commercial use.

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited as detailed above. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS
This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION
Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.